

# Hot-Wing-Flavored Chicken with Ranch Sauce

**Makes:** 4 Servings

## Ingredients

- 6 teaspoons** hot pepper sauce (or to taste)
- 1 tablespoon** lemon juice, fresh
- 2 teaspoons** olive oil
- 2** chicken breast, boneless and skinless, all visible fat discarded (about 4 ounces each) (halved)
- 1 cup** cornflake crumbs (about 2 cups flakes)
- 1/4 cup** sour cream, light (or fat-free)
- 1/4 cup** buttermilk, low-fat
- 1/2 teaspoon** garlic powder
- 1/4 teaspoon** dried dillweed (crumbled)

## Directions

1. In a large shallow bowl, stir together the hot pepper sauce, lemon juice, and olive oil.
2. Add the chicken and turn to coat. Cover and refrigerate for 30 minutes to 8 hours, turning occasionally if longer than 30 minutes. Discard the marinade.
3. Preheat the oven to 375°F. Lightly spray an 8-inch square baking pan with vegetable oil spray.
4. Put the cornflake crumbs on a plate. Turn the chicken to coat both sides. Transfer to the baking pan.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>170</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	45 mg
<b>Sodium</b>	<b>410 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>16 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

5. Lightly spray the top of the chicken with vegetable oil spray. Bake for 30 minutes, or until the chicken reaches an internal temperature of 165°F and the coating is crisp. Transfer to a serving plate.
6. Meanwhile, in a small bowl, whisk together the remaining ingredients. Cover and refrigerate until ready to serve. Spoon the sauce over the chicken or use as a dipping sauce.

**Source:** Power to End Stroke: 46 Healthy Soul Food Recipes Cookbook, p. 40